

Dodgeball Rules:

This Competition is conducted in accordance with the rules of [International Dodgeball Association \(IDA\)](#) except where these differ from Arc Sports rules; in which case the latter shall take precedence.

- 1. Uniform requirements:**
 1. Teams are not required to wear matching shirts however it is encouraged.
 2. Comfortable sports attire.
 3. Sports shoes must be worn.
- 2. Team size**
 1. Teams of Minimum 6 (2 females)
 2. No set maximum however it is recommended no larger than 10
- 3. Game time**
 1. Played in 30-minute time slots
 2. Games will consist of two 13-minute halves with a 4-minute half time
 3. The field will reset as many times as possible in the 13 minutes. These are known as runs
- 4. Scoring**
 1. At the end of each run the remaining players will count as points towards their team with a bonus point for eliminating the entire other team
- 5. Substitutions**
 1. Substitutions can only be made between runs
- 6. Game play**
 1. Players will start at either end of the court. Once the referee blows the whistle players will race towards the centre line where they will try to obtain one of the 6 balls
 2. A player cannot cross the halfway line at any time
 3. A player that is eliminated must wait along the sideline in the order they were eliminated
 4. A player will be eliminated when the following occurs:
 - a) A player is struck below the shoulder by a ball thrown by the opposition
 - b) A player picks up a live ball
 - i. Note a player may stop a ball with a ball in their possession. This is known as a dead ball and is now able to be picked up
 - ii. A ball will also become a dead ball if it hits the back fence
 - c) A player crosses the half way line
 - d) A ball is caught by the opposition
 5. A player may return back to the game when the following occurs:
 - a) A teammate catches a ball thrown by the opposition
 - b) At the end of each run when play resets